

TOSO KUNE DO SYSTEM

In essence Toso Kune Do is an American Martial Arts system and follows the concepts of many of the American Martial Art Masters such as Bruce Lee, Ed Parker and the like who blended many martial art techniques, concepts and disciplines to seek truth in self expression. Toso Kune Do is not unique in the sense that it also is an open system of techniques and concepts respecting and appreciating all martial art forms in order to provide guidance and perspective to self discovery in the martial arts. Seeking universal truths that transcend style and culture and gravitate towards absolute truths and understanding. Even transcending martial arts itself and existing in all facets of life. An analogous example is the use of the classic writings by the ancient Chinese philosopher and general, Sun Tzu in his book, “The Art of War”. This book is not only required reading in military academies but has also been read by financial institutions and individuals as a reference for the ultimate lessons of preparing for success. Similarly Toso Kune Do provides lessons that can be applied to everyday life. How you deal with people and situations in life. How you carry and position yourself for success. It is a way, through experiencing martial arts, of being positive and motivated to improve ones own life.

The Toso Kune Do system exposes individuals to a solid base from which the individual can effectively pursue their own path to martial arts excellence. This is done by presenting a breadth of philosophies, concepts and techniques with enough depth to inspire the most effective and direct paths to personal success. The variety within the curriculum keeps the individual’s pursuit interesting and motivated. Also having an appreciation and understanding of other cultures fosters respect and harmony to society and can enrich ones own life experiences.

The name “Toso Kune Do” was inspired by Koichi Sokomoto who led the famous Alpha stunt team in the Power Rangers T.V. series. Kyoshi Frank worked with Sokomoto on the show as the Green, Red and White Rangers also known as Tommy Oliver. Although the literal translation is “The way of the fighting fist”, the name represents more than just fighting. It represents the never ending journey and continual struggle for personal excellence. “

Toso Kune Do – A Perspective on Martial Arts

The Toso Kune Do system incorporates an entire arsenal of dynamic kicks, elusive hand techniques and powerful restraining holds, combining a mixture of philosophies and disciplines from multiple styles of Martial Arts around the world into its curriculum. Currently these include but are not limited too the following:

1. Aikido
2. American karate
3. Combat-karate
4. Gunting
5. Jeet kune do
6. Judo
7. Kickboxing
8. Shotokan karate
9. Wado-ryu karate
10. Weapons
11. Western Boxing

Weapons include traditional Japanese Kobudo (nunchakus, double nunchakus, bo staff, tonfa, kama, sais), Samurai Sword, Cane and Karambit.

Ideologies and Philosophies

Toso Kune Do is an open system of Martial Arts. If it must be classified under a specific style, it would be “American Karate” for the mere fact that it was founded, created and continuously evolving in America by Americans.

Why an open system rather than focusing on a particular traditional style? This can be answered by the statement, “How can you compare the beauty of the ocean to the majesty of the mountains?” In Toso Kune Do as with many martial arts styles especially now in present times, it is widely accepted that there is really no such thing as this technique or style is better than another. It ultimately comes down to the individual and how far they want to take themselves with regards to expressing themselves through the art of combat. Self expression through martial arts is a concept popularized by the late Bruce Lee when he said in an interview, “Ultimately martial arts (too me) is honestly expressing myself.”

To be honest within martial arts then is to incorporate ways of training, learning techniques and philosophies that allow an individual to express him or her truthfully. This is the concept of “No empty moves” which is stressed in all techniques in Toso Kune Do.

Toso Kune Do – A Perspective on Martial Arts

Training with intensity is also an integral concept that is constantly stressed to students of Toso Kune Do. Intensity comes from the individual's kuntao, also known as the mental, spiritual and physical state. There really are no secret techniques or incantations that will allow an individual to reach their personal goals better or faster than anyone else. It comes down to hard work, perseverance and common sense.

Adaptation and improvisation is the framework of Toso Kune Do. All martial arts styles should evolve and adapt to their condition and Toso Kune Do is no exception. The concept of continual improvement is a desirable attribute for all individuals to attain in all aspects of ones life.

But the most important philosophy and ideology that runs through the Toso Kune Do system is to develop the ability to remain calm under pressure, also known as "Mind like water". Being able to remove the concern with losing or winning and just instinctively react from the heart calmly, but with great intensity. This is also known as "being in the zone". To achieve this ability comes from continuous and intense physical and mental training. Important is the visualization aspect of the mental training where like an actor the Toso Kune Do martial artist, trains by playing the part so much he becomes the part. This is accomplished by visualizing real opponents when practicing katas, techniques and drills with maximum intensity.

The student of Toso Kune Do's objective is directed towards perfecting mind and body harmony, and while striving for peace with others. He or she will neither advocate violence nor look for trouble. When an individual acquires true confidence within, he or she can be polite and respectful toward others, regardless of their opinion of them. Once this happens, they will never allow themselves to be affected by negative influences.

When one understands the true meaning of martial arts, they do not have to show off or brag about their abilities. One acts with humility and dignity. Toso Kune Do encourages physical strength and mental energy to be used for constructive causes such as helping others and improving society.

Sustained by a sense of pride, self-respect, inner-peace, martial artists strives for victory over their own weaknesses. To conquer fear, to know true honor, and to develop the courage to refuse failure is the real goal. The respect we seek is our own. The victory that we seek is to conquer ourselves, and by conquering ourselves we find true meaning.